**Let’s Start With How you are Feeling**. Check all of the thoughts below that you have had one or more times? Save your answers.

**Quiz 1**

* 1.Addicts raised me. My life is a mess!
* 2.Why did I stay with a partner who does not love me?
* 3.Where did “I” go? I used to feel good about myself?
* 4.All we do is fight? There is no peace in. My life.
* 5.I left and I found a duplicate of my former partner, just a different face. How does that happen?
* 6. My partner cut me off from my family. I never saw it happening.
* 7.My partner only shoved me once. However, I am afraid it will happen again? Where would I go?
* 8.The children are always crying.
* 9. I find excuses not to go home.
* 10. I work long. Hours to avoid the problems.
* 11. What is the point of trying?
* 12. Why doesn’t this person love me?
* 13.Why did you cheat? What did I do wrong?
* 14. Do the Questions Above Reflect Your Life?
Yes or No
15. How many thoughts did you check? 0\_\_\_\_5\_\_\_\_10

Your own thoughts:

Type to enter text